



Goal Setting for
Success Bonus
Worksheet:
I Am A Champion

get
Gritty



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a mental toughness program for western performance horse riders

I Am A Champion Worksheet

As you work through the Dream Big and Big Reason Why activities of the Goal Setting for Success Workbook, you may notice that many of the things that you want are things that you want to be or character traits that you want to improve.

You probably already have some of those traits, or have improved on some of those skills throughout your horsemanship journey.

In this worksheet, we will explore what it is that you want, then take a look back to see how you have made progress towards that goal already.

Sometimes it takes looking back to see how far you have come already, and looking at what you have already accomplished helps to motivate you to keep on moving forward!

To me, you are already a Champion for your dedication to improving in your horsemanship and in your journey, which you have shown by joining this program!

~Chevy



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I Am A Champion Worksheet

- 1. What trait, skill, or attribute do you want to improve upon to improve as a horsewoman and/or progress in your horsemanship?**
- 2. How have you improved in this in the past 5 years? In the past year?**
- 3. What obstacles have you had to overcome that you previously thought were not possible?**
- 4. Write a positive affirmation statement to proclaim the Champion that you already are!**